

THE CERA VE INVITATIONAL
BERKELEY AQUATIC CLUB'S TWENTIETH ANNUAL WINTER
LONG COURSE SWIM MEET

NJ SWIMMING

SANCTION NO.: NJ Swimming Sanction #NJS#011411LC

Hosted by BERKELEY AQUATIC CLUB and RUTGERS UNIVERSITY

DATES: Friday, January 14, 2011
Saturday, January 15, 2011
Sunday, January 16, 2011

Location: **Sonny Werblin Recreation Center**
Rutgers University
656 Bartholomew Road
Piscataway, NJ 08854
732-445-0460 (for emergencies ONLY)

The pool is Olympic-sized: 8 lane by 50 meters. The pool uses pedestal-style starting blocks, with non-turbulent lane lines, and a Colorado Timing system. The pool is 6' deep at the starting blocks and ranges from 14' in the outside lanes to 17' in the middle lanes at the bulkhead. There are two auxiliary pools, known as "patio pools" (for warm-up and warm-down.) The depth of the patio pool farthest from the competition pool ranges from 4' at the edge nearest the patio doors to 4'6" at the edge nearest the other patio pool. The other patio pool has a variable depth and is normally at 6' for meets. There is seating for 1,000 spectators, including 400 chair-backed seats. The remaining seating is bleacher style. Parking is available in various Rutgers lots. Please park only where "SWIM MEET PARKING" signs are posted and follow the instruction of the Rutgers Security Guards.

MEET DIRECTOR: Nancy King Contact at bacmeetentries@bluestreakaquatic.com or 973-376-1783

MEET REFEREE: Howard Allen Contact at HowardJAllen@comcast.net

MEET MARSHALL: Eric Fucito Contact at ericf7cito@optonline.net

ENTRYCOORDINATOR: Nancy King Contact at bacmeetentries@bluestreakaquatic.com or 973 376-1783

ENTRY

DEADLINE:

Entries must be **received no** later than December 21, 2010.

All entries will be entered in the order received, regardless of LSC affiliation, as space allows. Berkeley Aquatic Club must adhere to NJ

Swimming's four hour per session limit. Entries will not be accepted after December 21, 2010.

1. Entries will not be considered complete unless the waiver form is received. In accordance with the New Jersey Swimming rules, a non-refundable entry fee of \$5.00 per Senior Event, \$4.00 per Age Group Event and \$9.00 per relay event must accompany the entries.
2. *Make checks payable to "Blue Streak Aquatic".*

MEET FORMAT WAIVER:

The host club has the right to change the format of the meet with the approval of the sanctioning chairman and age group or senior chairman. These changes would be made for a more efficient swim meet for the swimmers and the host club. Reasons for these changes would be: to allow more swimmers to swim; to conform to facility capacity limits or for facility safety concerns; to condense the meet into smaller time frame.

INTERNET WEBSITE POSTING:

Meet information and Hy-Tek event lists one with with time standards for New Jersey LSC teams and one with time standards for Non New Jersey LSC teams, importable into Team Manager, will be posted on the Berkeley Aquatic Website and on the New Jersey Swimming website:

www.berkeleyaquatic.org and www.njswim.org

Psych sheets will be posted on the website no later than the Tuesday before the meet. Session by session results will be posted at the end of each day and final results, in HTML and Word format will be posted by 5 p.m. the Monday following the meet. A Hy-tek file of results, including splits, will also be available on the website. Berkeley Aquatic provides all timers and there is only one warm up session so no warm up or timing schedule will be posted.

Any changes to the meet format or schedule will be posted on the websites.

MEET REQUIREMENT STATEMENT:

This meet qualifies as "one" of the three required meets to be eligible for the New Jersey SC Zone Championship Team. Swimmers who participate in 1 long course meet and 3 short course meets from Sept 1 thru August 1 are eligible for New Jersey Swimming National Championship reimbursement. The times achieved at this meet are eligible for New Jersey LC Zone teams.

COACHES:

All coaches “on the deck” must be registered with USA Swimming and be 2011 Members of USA Swimming. Coaches must show coaching card with background check validation for entrance to facility. Coaches must show coaching card before picking up any meet information or scratch sheets. Coaches must have coaching card visible at all times while on deck and when entering hospitality area or when asking for food at concessions.

OFFICIALS:

Participating clubs are requested to provide as many USA-S certified officials as possible. Please email Howard Allen at HowardJAllen@comcast.net to volunteer. Please include the days and sessions you are able to work. Officials working any session of the meet must present their 2011 Swimming Officials’ credentials, as well as their 2011 USA Swimming membership card: (1) to admissions when entering the building and (2) to the Meet Referee on deck; otherwise, admission will be charged and the Official will not be eligible to work the meet.

BAC has applied to have this meet designated as a “qualifying meet” under the national officials certification program. Any official interested in being evaluated should contact Sarah Levine sarlevine@aol.com to apply for evaluation. Details on national certification can be found on the USA Swimming website

**SWIMMER
ELIGIBILITY:**

Swimmers must be USA-S registered (or other FINA member) in order to compete in this meet. All swimmers must be listed in the team’s official entry file in order to participate in the meet, **including relay only swimmers**. Any transfer swimmer(s) must swim unattached for 120 days from their last competition. Please enter them as a separate team named: XXXUN where XXX are the first three letters of your team abbreviation. Entries for swimmers without valid 2011 USA-S registrations will not be entered in the meet. NJ Swimming performs a registration check a few days after the official deadline and ineligible swimmers will be notified at that time.

All swimmers must meet the attached time standards. Times converted from Short Course times are allowed.

All swimmers are limited to a maximum of 3 individual events + 1 relay per day per session.

Age group is determined by the swimmer's age on Friday, January 14, 2011.

Swimmers entered in more than three (3) individual events in a preliminary or timed final session and who fail to scratch down to three or fewer events before the check-in/scratch deadline established for the session will only be eligible to swim in the first three (3) chronological events for which the swimmer was entered in that session.

SWIMMERS
UNACCOMPANIPED
BY A USAS
CERTIFIED
COACH:

Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

SCRATCH RULE:

For Senior Finals, the Scratch Rule for Championship Finals, as specified in the New Jersey Swimming Policy Handbook, will be followed. In addition, a \$50 fine will be imposed for those failing to show up for Sunday night finals.

MEET FORMAT:

This meet will be run in accordance with current USA Swimming rules.

All Age Group events will be swum as timed finals. Senior individual events, with the exception of the 800 and 1500, will be a trials and finals format with bonus, consolation and championship finals (fastest 24 swimmers from preliminaries) held in the evening session. The 1500 and 800 will be swum as timed finals with the fastest heat swum in the evening with Finals. The remaining heats will be swum fastest to slowest, alternating heats of men and women.

Teams are limited to 2 relays per event. All relays are timed finals. The top 16 seeded relays will be swum at night. All other heats of relays will be run at the end of the preliminary session prior to the 800 and 1500 Freestyle heats. If you ONLY want to swim in the morning and DO NOT want to swim in the evening, you must indicate this in the email when you send in your entries.

SCHEDULE:

Senior Trials:	Warm-Up:	7:15AM – 8:15AM
	Start:	8:15AM
Age Group Events:	Warm-Up:	12:45PM – 1:30PM
	Start:	1:30PM
Senior Finals:	Warm-Up:	5:00PM
	Start:	6:00PM

DOORS OPEN AT 7:00 A.M. - NO EARLIER

**WARM UP
PROCEDURES:**

All teams will warm up at the same time. Lanes will not be assigned. Circle swimming will be in the counter clock wise direction. Entry shall be from the starting block end of the pool and must be feet first entry. At the Meet Referee's discretion, Lane 1 may be designated a pace lane and Lanes 6, 7 and 8 may be designated one way lanes. Relay starts may not be used. Swimmers may not exit or enter from the bulkhead end of the pool. The warm-up will be conducted in accordance with New Jersey Swimming Warm up Policies.

ENTRY TIMES:

All entry times must meet the attached qualification times. Please note that there are two separate qualification times for the distance events, one for members of the New Jersey LSC and one for everyone else. Times may be converted from short course times but must be entered as meter times.

CHECK-IN:

All check in sheets must be turned into the control room 30 minutes after the start of warm up. Swimmers who are present and swimming will have lines through their names. Swimmers who are being scratched will have their names circled with "SCR" next to the circle. Swimmers scratching a single event will have a line through their names and the event number circled with "SCR" next to the circle. Please use a simple line, not a scribble, so that the name can still be read. Failure to follow this procedure will result in the swimmer(s) being scratched from the session.

**DISTANCE
EVENTS:**

The Senior 800 and 1500 freestyles are timed final events and will be limited to the fastest 24 entries unless time permits more heats to be swum. The fastest heat of each event will be swum in the finals session. The remaining 2 heats (and any additional heats) will be swum fastest to slowest, alternating heats of women and men, at the end of the preliminary sessions on Saturday and Sunday. Swimmers in the 800 & 1500 must

provide their own people to count but Berkeley Aquatic will provide all timers.

Swimmers who enter these two distance events must prove their qualifying time by listing date and name of meet on the entry form. There are two cut-off times for the 800 and 1500 freestyle. Non-New Jersey swimmers must meet or better the faster cut-off time.

**HEAT LIMITED
EVENTS:**

The 800 and 1500 are limited to 3 heats (24 swimmers), unless time permits more heats to be swum. That decision will be made the day of the meet, after scratches. Psych sheets will be posted on www.berkeleyaquatic.org. If the meet director suspects that the number of heats will be limited, she will contact all the clubs with swimmers entered in the distance events by email, not later than the Tuesday before the meet. In the event that Berkeley Aquatic Club limits the number of heats of the distance events and some swimmers who have previously entered are not allowed to swim, entry fees will be refunded at the control room after the distance event is seeded and heat sheets posted.

RELAYS:

All relays must have the correct four names listed on the relay card in the correct order for that relay to be eligible. Coaches must turn in relay cards no later than 30 minutes prior to the event. All swimmers must be listed in the team's official entry file in order to participate in the meet, **including relay only swimmers**. The order of the swimmers and the names may be changed by notifying the timer in the relay lane or the computer desk but must be done prior to the start of the heat. No changes will be made after the relay is swum.

SCORING:

Scoring for the team title will be through 16 places for Senior events as follows: (20,17,16,15,14,13,12,11,9,7,6,5,4,3,2,1) for individual events and for relay events (40,34,32,30,28,26,24,22,18,14,12,10,8,6,4,2). Scoring for the team title will be through 8 places for Age Group Individual events as follows: (9,7,6,5,4,3,2,1).

AWARDS:

Medals will be presented to the top 3 finishers in individual events and to the top 3 finishers in relay events. Trophies will be presented to three teams accumulating the highest scores. Scoring for the team title will be through 16 places for Senior events as follows: (20,17,16,15,14,13,12,11,9,7,6,5,4,3,2,1) for individual events and for relay events (40,34,32,30,28,26,24,22,18,14,12,10,8,6,4,2). Scoring for the team title will be through 8 places for Age Group Individual events as follows: (9,7,6,5,4,3,2,1).

ENTRY FEES:

Senior Individual Events:	\$5.00
Age Group Individual Events:	\$4.00
Relay events:	\$9.00

ADMISSION AND PROGRAMS:

Admission will be \$6.00 per morning or afternoon session
Programs will be \$10.00 for psych sheets for the entire meet. If time allows, heat sheets will be printed after the start of the session and distributed to anyone who has a program.

Finals admission will be \$5.00 and will include a heat sheet program

ENTRIES:

In accordance with NJS policy, entries may be submitted by Email to bacmeetentries@bluestreakaquatic.com or may be mailed to Berkeley Aquatic Club.

**Berkeley Aquatic Club
CeraVe Invitational
P.O. Box 215
Berkeley Heights, NJ 07922
Telephone: (908) 464-0574**

All entries must be emailed in Hy-tek file form.

The meet entry coordinator will respond to emails within 48 hours. If you do not receive an email response within 48 hours, assume that your email has not been received. It is the **emailer's** responsibility to make sure that the email is received by the entry coordinator. If you do not receive an email response, you must contact the entry coordinator by email or phone or mail in your entries. An Entry Summary with a signed NJ Swimming waiver and a check must accompany or follow each entry. Entries must be submitted in meters times only but may be converted from yards. No phone or faxed entries will be accepted. If you are not emailing your entries, overnight or express mail is recommended, but waive the signature. It is not necessary to overnight or express mail checks and waivers which are sent in support of an emailed entry.

Note: Fed-Ex, Airborne and other carriers cannot deliver to P.O. Boxes. If you mail your entries directly to our facility and not to our P.O. Box, we may not receive it in a timely manner and are not responsible. Please send mail only to our P.O. Box.

Entry Fees must be paid at the time of entry

RESULTS:

Results will be posted at www.berkeleyaquatic.org each evening. Results in Word, HTML and a Hy-Tek file, including splits, suitable for downloading into Team Manager will be posted the day after the meet.

HOST CLUB

RESPONSIBILITIES:

Berkeley Aquatic Club (BAC) will provide all timers.

A hospitality room will be maintained for coaches and officials. It is located behind the control room on the pool deck.

PARTICIPATING CLUB

RESPONSIBILITIES:

Participating clubs are encouraged to provide as many certified officials as possible. Contact **Howard Allen** at HowardJAllen@comcast.net

Participating club parents must stay off the pool deck.

No pets are allowed!!!

CONCESSIONS:

Rutgers University will provide a varied menu of hot and cold refreshments until 5pm each evening throughout the competition.

VENDOR:

The Metro Swim Shop will be located at the opposite end of the Concourse from the spectator entrance.

HOTELS:

Embassy Suite
121 Centennial Ave.
Piscataway, NJ 08854
(732) 980-0500

Radisson Hotel
21 Kingsbridge Rd.
Piscataway, NJ
(732) 980-0400

Holiday Inn-Somerset
195 Davidson Avenue
Somerset, NJ
(732) 356-1700

Doubletree Hotel
200 Atrium Drive
Somerset, NJ
(732) 469-2600

Hyatt Regency
Two Albany Street
New Brunswick, NJ
08901
(732) 873-6629

Ramada Inn-Somerset
Weston Canal Rd. & Campus Dr.
Somerset, NJ
(732) 560-9880

Somerset Marriot
110 Davidson Avenue
Somerset, NJ 08873
(732) 560-0500

Directions to Sonny Werblin Recreation Center

Address: 656 Bartholomew Rd, Piscataway

Campus: Busch Campus

Garden State Parkway Southbound

Turn off at Exit 129 for the New Jersey Turnpike and head south. Turn off at Exit 9, bear right after the tollbooths and follow signs for "Route 18 North – New Brunswick." Stay to the left to continue on Route 18 North. Proceed along Route 18 North, crossing the Raritan River (approximately 3.7 miles). Continue on Route 18 North. Proceed up Route 18 to the Campus Rd. exit ramp on the right. Follow Campus Rd. until you come to the circle and take the first right off the circle onto Bartholomew Rd. The Recreation Center will be the first building on the left.

Garden State Parkway Northbound

Turn off at Exit 105 and follow signs for Route 18 North. After approximately 24 miles, you will pass the entrance for the New Jersey Turnpike. Proceed along Route 18 North, crossing the Raritan River (approximately 3.7 miles). Continue on Route 18 North. Proceed up Route 18 to the Campus Rd. exit ramp on the right. Follow Campus Rd. until you come to the circle and take the first right off the circle onto Bartholomew Rd. The Recreation Center will be the first building on the left.

Interstate 287

Turn off at Exit 9 "Bound Brook/Highland Park." Proceed East on River Road toward Highland Park. Continue on River Road and you will pass under the overpass for Route 18. Make the next left onto Route 18 North. Proceed up Route 18 to the Campus Rd. exit ramp on the right. Follow Campus Rd. until you come to the circle and take the first right off the circle onto Bartholomew Rd. The Recreation Center will be the first building on the left.

New Jersey Turnpike

Turn off at Exit 9, bear right after the tollbooths and follow signs for "Route 18 North – New Brunswick." Stay to the left to continue on Route 18 North. Proceed along Route 18 North, crossing the Raritan River (approximately 3.7 miles). Continue on Route 18 North. Proceed up Route 18 to the Campus Rd. exit ramp on the right. Follow Campus Rd. until you come to the circle and take the first right off the circle onto Bartholomew Rd. The Recreation Center will be the first building on the left.

US Route 1

Turn off at exit marked "Route 18 North-New Brunswick." Proceed along Route 18 North, crossing the Raritan River (approximately 3.7 miles). Continue on Route 18 North. Proceed up Route 18 to the Campus Rd. exit ramp on the right. Follow Campus Rd. until you come to the circle and take the first right off the circle onto Bartholomew Rd. The Recreation Center will be the first building on the left.

CERAVE INVITATIONAL
ENTRY SUMMARY

TEAM: _____

USA-S CLUB CODE _____

Names of Coaches			
Club Mailing Address			
Contact Person Regarding These Entries			
Phone No.			
Email:			
Contact Person Regarding Officials-parent-not coach			
Phone No.			
Email			

ENTRY FEE SUMMARY

Number of Senior Individual Entries		x \$5.00 =	\$
Number of Age Group Entries		x \$4.00 =	\$
Number of Relays		x \$9.00 =	\$

TOTAL

MAKE CHECKS PAYABLE TO BLUE STREAK AQUATIC

Do you have any unattached swimmers? If so, please list here:



**NEW JERSEY
SWIMMING**

*****WAIVER*****

In consideration of acceptance of this entry, I/we hereby, for myself/ourselves, my/our heirs, administrators and assigns, waive and release any and all claims against USA-Swimming, **Rutgers University, Berkeley Aquatic Club or Metro Swim Shop** and their staff for any injuries and/or expenses occurred by me/us at the swim meet, or while on the road to and from the meet. I/we are bona fide amateur athletes and eligible to compete in all the events I/we have entered.

NAME OF CLUB: _____

USS CLUB ABBREVIATION: _____

SIGNATURE OF CLUB OFFICIAL, COACH, AND/OR PARENT OR GUARDIAN:

_____ (Print Name)

_____ (Signature)

_____ (Address)

I hereby certify that all swimmers and coaches listed on the NJSI Master Entry Sheet or hard copy with disk entries, for **'The CeraVe Invitational'** to be held on **January 14-16, 2011** at **Rutgers University**, are registered members of New Jersey Swimming/United States Swimming. All United States Swimming numbers are correctly listed and, unless otherwise noted, are not required to swim unattached (UN) due to the 120 day transfer. Also I acknowledge that deck access is limited to coaches and/or officials working the meet and displaying their credentials.

Signature _____ Date _____
(Signature can be photocopied)

Article 302.4 of the United States Swimming Rules and regulations.

False Registration: An LSC may impose a fine of up to **\$100 per event** against a member coach or a member club's representative signing a document which indicates a swimmer is registered with United States Swimming for a meet when that swimmer is not properly registered or eligible to compete for that club. This will be enforced by the LSC and the LSC will be entitled to the fines imposed.

CERAVE LONG COURSE INVITATIONAL

Friday MORNING SESSION

<u>WOMEN</u>	<u>STANDARD</u>	<u>AGE GROUP</u>	<u>EVENT</u>	<u>STANDARD</u>	<u>MEN</u>
1	9:39.59	*SENIOR	800 Free	9:05.49	2
	9:26.09**			8:53.69**	
3	1:21.99	SENIOR	100 Breast	1:13.99	4
5	2:14.79	SENIOR	200 Free	2:06.49	6
7	1:09.29	SENIOR	100 Fly	1:03.59	8
9	2:33.69	SENIOR	200 IM	2:23.39	10
11	NT	SENIOR	800 Free Relay	NT	12

* 800 Free Heats 2 & 3 will be swum at the end of the AM session after the relay events fast to slow.

**Non-NJ LSC swimmers must have achieved this faster time.

AFTERNOON SESSION

<u>WOMEN</u>	<u>STANDARD</u>	<u>AGE GROUP</u>	<u>EVENT</u>	<u>STANDARD</u>	<u>MEN</u>
13	2:24.09	13/14	200 Free	2:18.79	14
15	37.29	11/12	50 Back	37.39	16
17	36.49	10/U	50 Free	35.99	18
19	1:16.29	13/14	100 Back	1:13.09	20
21	5:16.09	11/12	400 Free	5:14.69	22
23	1:36.79	10/U	100 Back	1:34.29	24
25	3:04.29	13/14	200 Breast	2:58.09	26
27	40.99	11/12	50 Breast	41.09	28
29	1:47.69	10/U	100 Breast	1:45.39	30
31	2:44.89	13/14	200 IM	2:36.59	32

Saturday
MORNING SESSION

<u>WOMEN</u>	<u>STANDARD</u>	<u>AGE GROUP</u>	<u>EVENT</u>	<u>STANDARD</u>	<u>MEN</u>
33	5:22.09	SENIOR	400 IM	5:00.69	34
35	29.09	SENIOR	50 Free	26.49	36
37	1:11.29	SENIOR	100 Back	1:06.09	38
39	4:38.59	SENIOR	400 Free	4:22.49	40
41	NT	SENIOR	400 Medley Relay	NT	42

AFTERNOON SESSION

<u>WOMEN</u>	<u>STANDARD</u>	<u>AGE GROUP</u>	<u>EVENT</u>	<u>STANDARD</u>	<u>MEN</u>
43	32.09	11/12	50 Free	31.39	44
45	31.09	13/14	50 Free	29.09	46
47	42.19	10/U	50 Fly	40.69	48
49	1:19.59	11/12	100 Fly	1:18.49	50
51	2:41.29	13/14	200 Fly	2:34.29	52
53	3:20.69	10/U	200 IM	3:17.69	54
55	1:30.49	11/12	100 Breast	1:29.79	56
57	1:06.29	13/14	100 Free	1:03.89	58
59	2:51.19	10/U	200 Free	2:51.39	60
61	2:30.39	11/12	200 Free	2:29.39	62
63	5:45.09	13/14	400 IM	5:34.29	64
65	48.99	10/U	50 Breast	48.39	66

Sunday
MORNING SESSION

<u>WOMEN</u>	<u>STANDARD</u>	<u>AGE GROUP</u>	<u>EVENT</u>	<u>STANDARD</u>	<u>MEN</u>
67	18:22.59	*SENIOR	1500 Free		
	18:03.59**				
68	2:55.09	SENIOR	200 Breast	2:39.59	69
70	2:33.79	SENIOR	200 Back	2:20.79	71
72	1:03.09	SENIOR	100 Free	57.69	73
74	2:30.39	SENIOR	200 Fly	2:19.69	75
		*SENIOR	1500 Free	17:29.59	76
				17:05.59**	
77	NT	SENIOR	400 Free Relay	NT	78

* 1500 Free Heats 2 & 3 will be swum at the end of the AM session after the relay events fast to slow.

** Non-NJ LSC swimmers must have achieved this faster time.

AFTERNOON SESSION

<u>WOMEN</u>	<u>STANDARD</u>	<u>AGE GROUP</u>	<u>EVENT</u>	<u>STANDARD</u>	<u>MEN</u>
79	1:10.09	11/12	100 Free	1:08.19	80
81	4:58.09	13/14	400 Free	4:51.09	82
83	44.09	10/U	50 Back	43.99	84
85	35.19	11/12	50 Fly	34.79	86
87	1:13.39	13/14	100 Fly	1:09.69	88
89	1:22.19	10/U	100 Free	1:19.99	90
91	1:21.69	11/12	100 Back	1:21.49	92
93	2:43.19	13/14	200 Back	2:37.69	94
95	1:38.09	10/U	100 Fly	1:36.59	96
97	2:52.69	11/12	200 IM	2:51.69	98
99	1:25.89	13/14	100 Breast	1:21.49	100